

Pickleball Workshops

Adult Program

2017 Winter/Spring & Summer



Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It can be played as doubles or singles, indoor or outdoor on a badminton-sized court with a slightly modified tennis net.

Although the sport has become more competitive through the years, many players enjoy playing for the social aspects of the game. This game is for all ages and skill levels. The rules are simple and the game is easy for beginners to learn.

Are you wanting to learn how to play or improve your Pickleball skills? We are now offering free workshops/clinics for the beginner, advanced beginner and intermediate players (pre-requisite skill levels on the back).

Five Points Center for Active Adults

#207941 January 6 - April 28

Friday

Class Fee: 0

9:00am - 2:30pm

#204320 May - August 25

Friday

9:00am - 2:30pm

Open Play Pickleball at Five Points

197807 January - April 28

Wednesday

Class Fee: 0

12:30pm - 3:00pm

Friday

2:30pm - 5:30pm

#203773 May 3 - August 30

Wednesday

12:30pm - 3:00pm

Friday

2:30pm - 5:30pm

Tarboro Road Community Center

#208426 March 2 - April 28

Thursday

Class Fee: 0

10:30am - 12pm

#208512 May 11 - June 8

Thursday

10:30am - 12pm



Five Points Center
2000 Noble Road 919-996-4730

Tarboro Road Center
121 N. Tarboro Street 919-831-6505



Skill Level	Level Skills Descriptions
0.5	New and has minimal knowledge of the game and the rules. Has never played a racquet sport before or is currently experiencing some balance/mobility issues.
1.0	New and has minimal knowledge of the game and the rules. Has played other racquet sports
1.5	Limited to some rallies. Learning how to serve. Developing a forehand and backhand. Fails to return easy balls frequently and occasionally misses the ball entirely. Has played a few games and is learning the court lines, scoring, and some basic rules of the game.
2.0	Sustains a short rally with players of equal ability. Demonstrates the basic shot/strokes – forehand, backhand, volley, overhead and serve, but has obvious weaknesses in most strokes. Familiar with court positioning in doubles play.
2.5	Makes longer lasting, slow-paced rallies. Makes most easy volleys and uses some backhands, but needs more work on developing shot/strokes. Beginning to approach the non-volley zone to hit volleys. Aware of the “soft game.” Knowledge of the rules has improved. Court coverage is weak, but improving.
3.0	More consistent on the serve and service return and when returning medium-paced balls. Demonstrates improved skills with all of the basic shots and shot placement, but lacks control when trying for direction, depth, or power on their shots. Beginning to attempt lobs and dinks with little success and doesn’t fully understand when and why they should be used.
3.5	Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls. Demonstrates improved control when trying for direction, depth and power on their shots. Needs to develop variety with their shots. Exhibits some aggressive net play. Beginning to anticipate opponent’s shots. Learning about the importance of strategy and teamwork in doubles.
4.0	Consistent and dependable strokes, including directional control and depth on both forehand and backhand shots. Reliable serves, lobs, overheads, approach shots and volleys and can use spin shots with some success. Occasionally can force errors when serving. Rallies may be lost due to impatience. Uses the dink shot and drop shots to slow down or change the pace of the game. Demonstrates 3rd shot strategies – drop shots, lobs, and fast-paced ground strokes. Aggressive net play and teamwork in doubles is evident. Fully understands the rules of the game and can play by them.

After registering for the Pickleball Workshops you will contact Rudy Patterson who will assign you to a time slot based on you skills. Each week you will confirm a time slot with Rudy, this will allow you to advance at your own pace.

For questions please contact Rudy at:

Five Points Workshops: rudy.patterson@gmail.com

Tarboro Road Workshops: R.pattersontarboro@gmail.com